



# **LAKE COUNTRY COMMUNITY RESOURCE DIRECTORY 2018**

*lakecountryhealth.ca*

This directory was generously funded in part by:



## ABOUT US:

The Lake Country Health Planning Society provides health and wellness services for seniors, children, youth, families, and adults. Our Mission is to promote, provide, and advocate for health and wellness in Lake Country.

## HEALTH HUB SERVICES:

- Provide information and education regarding local community resources
- Help to navigate services
- Send referrals to agencies to assist and support those in need
- Provide community programs and events
- Provide connection to local one-on-one support to promote physical, mental, and social well-being
- Coordinate the Caregiver Support Group for those who have a family member or friend experiencing mental health issues or other health concerns such as Alzheimer's disease or Dementia.
- Coordinate non-medical home support services for seniors:



- Friendly visiting
- Minor home repair
- Snow shoveling
- Grocery shopping
- Volunteer driving
- Light yard work
- Light housekeeping

## LAKE COUNTRY HEALTH HUB SPONSORSHIP PROVIDED BY:



## THE LAKE COUNTRY VOLUNTEER FAIR

*A Celebration of Volunteers & Community Spirit*  
**Saturday, May 26<sup>th</sup>, 2018; 10:00am – 2:00pm**  
**Lake Country Community Complex**  
**10241 Bottom Wood Lake Road, Lake Country**

*Lake Country!*  
**Get Involved**



*Lake Country Health Planning Society's 5<sup>th</sup> annual Health & Wellness Fair 2018 provides a signature event for people who live, work, and play in Lake Country with the opportunity to interact with, and increase their knowledge about, local health and wellness resources.*

**Saturday, September 22<sup>nd</sup>, 2018**  
**10am – 2pm**  
**Beasley Park, 11471 Reiswig Road**  
**Lake Country, BC**

***Reimagined:*** The community has spoken and we have listened! We want our Health and Wellness fair to be inclusive of everyone and be a **FUN, educational experience with interactive activities for all ages.**

**EARLY BIRD SPONSORSHIP**



## TABLE OF CONTENTS

Medical Services.....	5
Pharmacies .....	5
Hearing Services .....	6
Optometrists .....	6
Dental Services .....	6
Physiotherapy .....	7
Chiropractor .....	7
Registered Massage Therapy .....	7
Foot Care .....	8
Alternative Services & Therapies .....	8
Mental Health & Counselling .....	9
Substance Use .....	10
Community Support .....	10
Housing & Facility Care .....	11
Childcare & Preschool .....	12
Schools .....	13
Clubs & Groups .....	13
Recreational Facilities .....	14
Fitness Facilities .....	15
Municipal & Cultural Information .....	16
Transportation .....	16
Food Services .....	17
Community Service Groups .....	17
Faith Communities .....	18
Legal Services .....	19
Supportive Health Services outside of Lake Country .....	20
Government of Canada .....	21

## MEDICAL SERVICES:

For local and regional medical services, please contact:		
<p><b><u>Emergency Services</u></b> 9-1-1 Police, Fire, and Ambulance</p>	<p><b><u>Health Link B.C.:</u></b> 8-1-1 non-urgent health care advice. <i>healthlinkbc.ca</i></p>	<p><b><u>Interior Health:</u></b> 250-469-7070 <b><u>Aboriginal Patient Navigators</u></b> 250-309-9436</p>
<p><b>Kelowna General Hospital</b> 250-862-4000 2268 Pandosy St., Kelowna</p>	<p><b>Vernon Jubilee Hospital</b> 250-558-1200 2101 32 St., Vernon</p>	<p><b>Valley Medical Laboratory</b> 250-766-4443 9966 Pollard Rd. <i>valleymedicallaboratories.com</i></p>
<p><b>Turtle Bay Medical Clinic</b> 778-480-6890 802-11850 Oceola Rd. Family practice and walk-in clinic</p>	<p><b>Lake Country Family Practice</b> 250-766-3938 9966 Pollard Rd. <i>lakecountryfamilypractice.com</i></p>	<p><b>Red Cross Medical Equipment Loan Service</b> 250-766-2227 <i>located inside of Winfield Memorial Hall</i></p>
<p><b>Lake Country Immunization Clinic</b> 250-980-4825 <i>**When calling, request <u>Lake Country</u> location</i></p>	<p><b>Crisis Line</b> 1-800-784-2433 Provides support, crisis &amp; suicide assessment/ intervention. <i>crisislines.bc.ca</i></p>	<p><b>Kids Help Phone</b> 1-800-668-6868 Provides support for children in crisis. <i>KidsHelpPhone.ca</i></p>

## PHARMACIES:

<p><b>Lake Country Remedy's Rx</b> 778-480-6548 9966 Pollard Rd.</p>	<p>Home healthcare, prescriptions and other pharmacy needs. Offers free prescription delivery. <i>remedysrx.ca</i></p>
<p><b>Shopper's Drug Mart</b> 250-766-2345 9970 Main St.</p>	<p>Home healthcare, medical supplies, prescriptions, &amp; other pharmacy needs. <i>shoppersdrugmart.ca</i></p>
<p><b>Winfield IDA</b> 250-766-2666 9522 Main St.</p>	<p>Home healthcare and medical supplies for sale, prescriptions and other pharmacy needs. Post office inside. <i>ida-pharmacy.ca</i></p>
<p><b>Turtle Bay IDA</b> 778-480-6644 801- 11850 Oceola Rd.</p>	<p>Home healthcare and medical supplies for sale, prescriptions and other pharmacy needs.</p>

## HEARING SERVICES:

<p><b>Lakeside Diagnostic Hearing &amp; Tinnitus Centre</b> 250-766-0294 3121 Hill Rd.</p>	<p>Wide range of audiology and specialized hearing services, from hearing aids to cochlear implants. <i>lakesidehearing.com</i></p>
<p><b>Okanagan Mobile Hearing Services</b> 778-363-4327</p>	<p>Registered Hearing Instrument Practitioner. Offers in-home hearing assessments, instrument adjustments and hearing aid fittings. <i>okanaganmobilhearing.ca</i></p>

## OPTOMETRISTS:

<p><b>Lake Country Optometry</b> 250-766-4240 #49-9522 Main St.</p>	<p>Offers a wide range of eye care services including eye emergencies, eye exams &amp; glasses/contact lens fittings. <i>lakecountryoptometry.ca</i></p>
<p><b>Mona Vision</b> 250-766-0555 #100-3121 Hill Rd.</p>	<p>Offers full service optical and eye care needs, repairs, glasses and lenses. <i>monavision.ca</i></p>

## DENTAL SERVICES:

<p><b>Dr. Sokolowski</b> 250-766-3944 #118-3121 Hill Rd.</p>	<p>Offers a range of quality dental services; accepts dental insurance plans.</p>
<p><b>Jade Bay Dentistry</b> 250-766-4494 10564 Powley Crt.</p>	<p>Offers a range of quality dental services and orthodontics. Accepts dental insurance plans. <i>jadebaydental.ca</i></p>
<p><b>Lake Country Dentistry</b> 250-766-2488 #200-3121 Hill Rd.</p>	<p>Offers complete dental care and accepts dental plans. <i>derektownsend.com</i></p>
<p><b>Lift the Lip</b> 250-868-7700 10080 Main St.</p>	<p>Dental program that teaches parents of young children how to prevent tooth decay and cavities</p>
<p><b>Winfield Dental Centre</b> 250-766-2488 #200-3121 Hill Rd.</p>	<p>Offers family dentistry, cosmetic dentistry, implants, orthodontics, sleep dentistry and more. <i>winfielddentalcentre.ca</i></p>
<p><b>Winfield Denture Clinic</b> 250-766-5423 9778 Hwy 97</p>	<p>Offers new dentures, partials, relines and repairs.</p>

## PHYSIOTHERAPY:

<b>Sun City Physiotherapy</b> 250-766-2544 #40-9522 Main St.	Utilizes evidence based practice to treat injuries, disorders, and conditions. Also offers RMT and orthotic services. <i>suncityphysiotherapy.com</i>
--	--

## CHIROPRACTORS:

<b>Health First Chiropractic</b> 250-766-2141 2915 Robinson Rd.	Offers a wide range of chiropractic services. <i>healthfirstchiro.net</i>
<b>Lake Country Chiropractic</b> 250-766-3155 9750 Read Rd.	Chiropractic and orthotic services available. Accepts health plans, MSP and WorkSafeBC claims. <i>lakecountrychiropractic.com</i>
<b>Lake Country Spine and Wellness</b> 250-766-1300 11852 Hwy 97	Chiropractic care, registered massage therapy and foot care. Accepts private insurance and is an ICBC and WCB provider. <i>lakecountryspineandwellness.com</i>

## REGISTERED MASSAGE THERAPY:

<b>Lake Country Massage</b> 250-681-0911 2553 Sunny Lake Crt.	Registered massage therapists offering services for musculoskeletal issues, stress management, and pregnancy. <i>lakecountrymassage.com</i>
<b>Metta Massage Therapy</b> 250-307-3302 11291 Reiswig Rd.	Registered massage therapist that provide services tailored to healing inside out. Therapies are offered in an outside Deluxe Wall Tent. <i>metta-massage.janeapp.com</i>
<b>Nalu Massage Therapy</b> 778-480-6258 #214-3121 Hill Rd.	Registered massage therapists providing a variety of massage techniques. <i>naluwellness.com</i>
<b>Phyllis DeRousie</b> 250-766-4135	Registered massage therapist.
<b>Viola Grohs</b> 250-878-6405	Registered massage therapist, offers mobile services for homebound clients. <i>vgrohs@gmail.com</i>
<b>Winfield Massage Therapy</b> 250-766-0770 3151 Wageman Rd.	Registered massage therapist providing a wide variety of techniques.

## FOOT CARE:

<b>Foot Care 4 U</b> 250-864-3893	Mobile foot care (nail & skin assessment) performed by a Certified Professional using German tools and techniques.
<b>Kizzy's Happy Feet Foot Care</b> 778-212-0067	Mobile Foot Care for Lake Country and Vernon area, specializing in advanced foot care for diabetics and seniors.
<b>Lake Country Advanced Foot Care</b> 250-766-2548	A mobile service provided by a practical nurse certified in foot care. Please call for appointments.
<b>One Step Foot Care</b> 250-938-3663	Is a mobile service offering professional in-home foot care by a licensed practical nurse. <i>onestepfootcare.com</i>
<b>Sole Revival</b> <b>250-766-0012</b> Unit #2-10074 Hwy 97	Offers shoes, foot care and orthotics, as well as supports, separators, and straighteners. Assistance with a variety of foot care issues by a registered nurse/certified Podiatrist.
<b>The Foot Nurse</b> 250-491-4220	A mobile service provided by a practical nurse certified in foot care. <i>kelownafootnurse.com</i>

## ALTERNATIVE SERVICES & THERAPIES:

<b>Greener Life</b> 778-480-5433 233-3121 Hill Rd.	Offers holistic support services for individuals with chronic illness and mental health challenges. <i>greenerlifetogether.com</i>
<b>Euphoria Nutrition</b> 250-718-5080	Individual and group counseling specializing in nutrition, weight management, meal plans. <i>sportmedbc.com</i>
<b>Holistic Tapestries</b> 250-766-2005 126-3121 Hill Rd.	Offers kinesiology and energy balancing. Please call for appointment. <i>kinesiologycollegeofcanada.com</i>
<b>JH Health Coaching</b> 778-363-4003 11655 Middleton Rd.	Provides health and lifestyle assessments to reach optimum health and wellness. Includes cleansing programs, nutrition & lifestyle plans. <i>jhlifestyles.myshaklee.com</i>
<b>Nutrition for Your Soul</b> 250-878-1251 106-2611 Stillwater Way	Holistic eating psychology coaching to nourish the mind, body, and soul. <i>nutritionforyoursoul.com</i>
<b>Odette's Skincare &amp; Medi Spa</b> 250-765-7892 31-10042 Main St.	Medi spa with a Naturopathic Doctor on staff to provide a holistic approach to health & wellness. <i>odettesskincare.com</i>



## MENTAL HEALTH & COUNSELLING:

<p><b>Assunta Rosal Counselling Service</b> 250-878-5517 10356A Bottom Woodlake Rd.</p>	<p>Has 15 years of experience in Social Work; provides counselling for individuals, couples or families. Extensive experience working with youth, persons with disabilities and Aboriginal communities. Able to help you set goals, overcome personal difficulties and work toward making positive changes in your life. <i>rosalassunta@gmail.com</i></p>
<p><b>Caregiver Support Group</b> 778-215-5247 District of Lake Country Municipal Hall 10150 Bottom Lake Rd.</p>	<p>Offered by LCHPS, this is a free, ongoing support group for those who have a family member or friend that is experiencing mental health issues or other health concerns such as Alzheimer's or dementia. Meetings are every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month. <i>lakecountryhealth.ca</i></p>
<p><b>Health Essentials Clinic Inc.</b> 250-766-3433 <i>nodiet@telus.net</i></p>	<p>Clinic for people struggling with mild-moderate mental health and substance use issues. Focus on counselling programs paired with complimentary services that enhance recovery for clients &amp; families. <i>healthyessentialsclinic.ca</i></p>
<p><b>Julie A. Wolfe Professional Services</b> 778-363-1193</p>	<p>Registered Counsellor that facilitates a Caregiver Support Group as well as provides counseling for individuals with mental health needs. <i>jawprof@gmail.com</i></p>
<p><b>Living Well Counselling</b> 778-581-4357 13375 Shoreline Dr.</p>	<p>Registered Clinical Counsellor that offers a free 20-minute consultation for counselling services for individuals with mental health challenges, addictions, chronic illness/pain, and trauma. <i>livingwellcounsellingservices.ca</i></p>
<p><b>Lake Country Counselling</b> 250-899-1265 12025 Oceola Rd.</p>	<p>Offers a variety of counselling needs. Please call for an appointment.</p>
<p><b>Neon Counselling</b> 250-320-4536</p>	<p>Registered Clinical Counsellor offering counseling support for mental health, trauma, and grief &amp; loss. Specializes in EMDR, youth and families. <i>neoncounselling.com</i></p>

## SUBSTANCE USE:

<p><b>Adult &amp; Teen Challenge BC</b> 604-575-3930 ext. 4 4550 Glenmore Rd.</p>	<p>A 12-month faith-based residential restoration facility for adults in recovery from addiction. Can be paid privately or funded through BC Housing. <i>teenchallengebc.com</i></p>
<p><b>Alcoholics Anonymous</b> 250-763-5555 9832 Bottom Wood Lake Rd.</p>	<p>Open-group AA meetings every Wednesday at 8pm inside of the Lake Country Seniors Centre to discuss addiction and recovery. <i>bcyukonaa.org</i></p>
<p><b>Narcotics Anonymous</b> 1-877-604-7613 9460 Glenmore Rd.</p>	<p>Located inside of Community Church, the New Beginnings group meets Sundays at 7:30pm to discuss addiction and recovery. <i>coascnarcoticsanonymous.ca</i></p>

## COMMUNITY SUPPORT:

<p><b>Empowered Recreation and Rehabilitation</b> 250-540-9770</p>	<p>Offers certified staff to provide recreation and rehabilitation for seniors and persons with disabilities. In-home services available. <i>empoweredrandr.com</i></p>
<p><b>Lake Country Connect</b> 250-469-9358 11438 Bottom Wood Lake Rd.</p>	<p>Offers transitional rehabilitation and residential services for up to 42 people living with acquired brain injuries. <i>connectcommunities.ca</i></p>
<p><b>Lake Country Health Planning Society</b> 778-215-5247 10080 Main St.</p>	<p>Offers the Health Hub: providing local and regional information, resources and referrals; the Better At Home Program: non-medical support services for independently living seniors 65+; the Wise &amp; Well program: building mentally fit older adults, CARES kits: elder abuse information kits; a locally focused Resource Directory, an annual Health &amp; Wellness Fair, and a variety of senior, child and youth initiatives. <i>lakecountryhealth.ca</i></p>



## HOUSING AND FACILITY CARE:

<p><b>Adult Day Program</b> 250-766-1180 3250 Woodsdale Rd.</p>	<p>Adult Day Services are designed to help individuals with Dementia to remain at home while supporting caregivers by providing a range of health, personal, social and recreational services in a safe and caring environment.</p>
<p><b>Blue Heron Villa</b> 250-766-1660 9509 Main St.</p>	<p>A 25-unit living facility that provides assistance with activities of daily living, lunch, dinner &amp; snacks, weekly housekeeping and recreational activities. Residents pay 70% of their monthly income. E-mail: <a href="mailto:aafoutreach@hotmail.com">aafoutreach@hotmail.com</a></p>
<p><b>Homestead Place</b> 778-480-4008 11773 Middleton Rd.</p>	<p>A private, licensed assisted living home. Please call for more information. <a href="http://homesteadplace.ca">homesteadplace.ca</a></p>
<p><b>Lake Country Lodge and Manor</b> 250-766-3007 10163 Korschuh Rd.</p>	<p>Licensed facility; services include Supportive Housing, Complex Care, and Respite Care. Please call Brenda for a tour or more information. <a href="http://lakecountrylodge.ca">lakecountrylodge.ca</a></p>
<p><b><u>SOCIETY OF HOPE:</u></b> 778-478-7977 <a href="http://societyofhope.org">societyofhope.org</a></p> <p><b>Pinewoods Villas</b> 10274 Bottom Wood Lake Rd.</p> <p><b>Providence Meadows</b> 3250 Woodsdale Rd.</p> <p><b>Woodsdale Place</b> 11505 Bottom Wood Lake Rd.</p> <p><b>Cedar Court</b> 10230 Bottom Wood Lake Rd.</p>	<p>Affordable housing for families, seniors, and people with disabilities. Must fill out a housing application. Rent is related to income and low-end-of-market values.</p> <p>Independent living for seniors and people w/ disabilities.</p> <p>Family housing for singles or couples with at least 1 dependent child. Rent is related to income.</p> <p>Housing for seniors. 60% of units have rent based on family income, the other 40% are low-end market value.</p> <p>Independent senior living (55+). Rent is based on 30% of the gross family income.</p>

## CHILDCARE & PRESCHOOL:

<p><b>Green Guardian Child Care</b> 250-938-5665 9950 Chase Rd.</p>	<p>Licensed family childcare facility, offers gardening, recycled crafts, nature walks, yoga, cooking, physical activity, reading and healthy snacks/ meals.</p>
<p><b>Lake Country Adventure Centre</b> 250-859-9891 10303 Bottom Wood Lake Rd.</p>	<p>Licensed facility offering before/after school programs. Philosophies of self-directed play, outdoor adventure, sustainability, and electronic free zone. Provides pick-up/delivery to all 3 elementary schools. <i>lakecountryadventurecentre.com</i></p>
<p><b>Lake Country Imagination Academy</b> 250-801-8430 10251 Newene Rd.</p>	<p>Housed in the Lake Country School of Dance &amp; Gymnastics Centre. Integrates a “Learn through Play” curriculum that is enhanced through gymnastics and dance. Has a private, fenced playground for outdoor play. <i>lakecountrykids.ca</i></p>
<p><b>My Friends Family Day Care</b> 250-878-5555 10376 Sherman Dr.</p>	<p>Fully licensed day care for children ages 1-6. Located right beside Peter Greer Elementary. Find them on Facebook!</p>
<p><b>Nature’s Kids Educational Child Care</b> 250-766-4626 9362 Mountview Rd.</p>	<p>A fully licensed nature based child-care centre, for kids aged 2-5. Offers a full 4 day Pre-K readiness program. <i>natureskids.wix.com</i></p>
<p><b>New Beginnings Early Learning Center</b> 250-766-3788 12008 Pretty Rd.</p>	<p>Fully licensed facility that offers preschool, daycare and after school care. Provides transportation from Davidson Rd. and Peter Greer Elementary Schools. Childcare subsidy accepted. <i>newbeginningscenter.ca</i></p>
<p><b>Okanagan Boys &amp; Girls Club</b> 250-766-5277 3130 Berry Rd.</p>	<p>Provides daycare, before/after school care, recreational, and youth &amp; family programs. Offers transportation to/from all 3 elementary schools. <i>boysandgirlsclub.ca</i></p>
<p><b>Strong Start Early Learning Centre</b> 250-870-5129 10300 Sherman Dr.</p>	<p>Provides a drop-in, early learning program for kids accompanied by parents or caregivers. Offers creative, interactive playtime with your child, promotes connections, and provides parenting support. Located at Peter Greer Elementary. Classes run 8:45am – 11:45am on school days.</p>

## SCHOOLS:

<b>Davidson Rd. Elementary</b> 250-870-5117 2115 Davidson Rd.	Public Elementary School <i>dre.sd23.bc.ca</i>
<b>École Peter Greer Elementary</b> 250-870-5129 10300 Sherman Dr.	Public Elementary School: Offers a dual-track system of English and French Immersion. <i>pge.sd23.bc.ca</i>
<b>George Elliot Secondary</b> 250-870-5102 10241 Bottom Wood Lake Rd.	Public high school <i>ges.sd23.bc.ca</i>
<b>Oyama Traditional School</b> 250-870-5121 15525 Greenhow Rd.	Public elementary school. Based on a Traditional Philosophy of student achievement, behaviour, and social responsibility. <i>ots.sd23.bc.ca</i>

## CLUBS & GROUPS:

<b>Activity Group for Newcomers</b>	A casual get-together group to meet new people in the community. <i>lakecountrynewcomers@gmail.com</i>
<b>Lake Country Outdoors Club</b> <i>edahnert@shaw.ca</i>	A gathering of active people wanting to enjoy the outdoors together: hiking, biking, snowshoeing, etc.
<b>Lake Country Walking Club</b>	Meets on Wednesday mornings at 9am at <u>Jack Seaton Park</u> on Camp Road. Walks are 45-60 minutes long
<b>Lake Country Garden Club</b> 250-766-1161	A place to meet other gardeners and learn new techniques. The club hosts an annual garden tour and plant sale.
<b>Lake Country Running Club</b> <i>lakecountryrunclub.ca</i>	Weekly running and walking group that meets every Wednesday evening from 6-7pm at Beasley Park.
<b>Walk Around Lake Country</b> 250-766-3895	Group of active citizens maintains and promotes walking and hiking trails in Lake Country. <i>walkwithwalc@gmail.com</i>

## RECREATIONAL FACILITIES:

<p><b><u>Lake Country Parks &amp; Rec</u></b> 250-766-5650</p> <p><b>Beasley Community Centre</b> 3450 Woodsdale Rd.</p> <p><b>Winfield Arena</b> 9830 Bottom Wood Lake Rd.</p>	<p>Includes a seasonal activity guide and has links to the many events, shows, groups, and teams available in Lake Country. Arranges booking for events in the community.</p> <p>Community hall available to rent: 125 person capacity, full kitchen, lots of parking, and wheelchair accessible.</p> <p>Programs include public skating, lessons, figure skating, hockey, Friday night DJ skates, and private bookings. Dry floor is available in the off season. <i>lakecountry.bc.ca</i></p>
<p><b>Okanagan Centre Hall</b> 250-766-2372 11099 Maddock Ave.</p>	<p>Events include yoga, pub night, and dances. Also available for rent: 120 person capacity. Offers stage, full kitchen, lots of parking, and wheelchair accessible. <i>okanagancentre.net</i></p>
<p><b>Oyama Community Hall</b> 250-548-3204 15710 Oyama Rd.</p>	<p>Hosts community events such as, Oyama Fun Day and Turkey Bingo, and is available to rent. Offers full kitchen, stage, and is wheelchair accessible. Main hall: 250-person capacity, Memorial Hall: 113-person capacity. Onsite camping available for weekend events. <i>oyamahall.ca</i></p>
<p><b>Seniors Activity Centre</b> 250-766-4220 9832 Bottom Wood Lake Rd.</p>	<p>Hosts many events and regular activities, such as, art classes, cribbage, wood shop, prime time, songsters, tai chi, seniors' buffet and more.</p>
<p><b>Winfield Curling Club</b> 250-766-3318 9830 Bottom Wood Lake Rd.</p>	<p>Curling and bonspiels, please see schedule on line. Drop-ins welcome. Also has a facility available to rent for community and personal functions. <i>winfieldcurlingclub.com</i></p>
<p><b>Winfield Memorial Hall</b> 250-766-4131 10130 Bottom Wood Lake Rd.</p>	<p>Available for rent for any occasion. Main hall: 260 people capacity, Centennial Room: 65 people, and Arnold Room: 15 people. <i>winfieldmemorialhall.com</i></p>

## FITNESS FACILITIES:

<b>A Place for Yoga and Health</b> 250-766-3122 2611 Stillwater Way	A certified Iyengar yoga instructor offers classes for all levels and abilities. <i>aplaceforyoga.com</i>
<b>Anytime Fitness</b> 778-480-6701 11850 Oceola Rd.	A fitness facility that offers coaching and personal training. A free 7-day trial is available. Gym is open 24/7. <i>anytimefitness.com/gyms/4077/lake-country-bc-v4v</i>
<b>Bodyz in Motion</b> 250-766-0611 391 Tilley Rd.	A health and fitness facility with 2 floors of equipment, classes, personal trainers, supplements, child-minding, and tanning. <i>bodyzinmotion.ca</i>
<b>Crave Fitness</b> 250-575-8292 10303 Bottom Wood Lake Rd.	Offers a selection of fitness and yoga classes as well as personal training and private group training. <i>cravefitness.ca</i>
<b>Invati Yoga &amp; Wellness</b> 250-899-1535 501/502 11850 Oceola Rd.	Yoga studio that offers prenatal services, therapy rooms, workshops, and smoothie bar. <i>invatiyoga.com</i>
<b>Polaris Fitness</b> 250-307-3207 11908 Oyama Rd.	Offers classes, personal training, partner and small group training, as well as online Skype personal training.
<b>Pursuit Fitness</b> 250-317-3508 3550 Woodsdale Rd.	Offers specialized services for seniors including personal training, nutrition, osteofit fall-prevention, and pool program. <i>pursuitfitness.ca</i>
<b>Second Wind Fitness</b> 250-979-8489 11025 Jardines Rd.	Offers personal training, as well as triathlon training. <i>secondwindfit.ca</i>



## MUNICIPAL AND CULTURAL INFORMATION

<b>District of Lake Country</b> 250-766-5650 10150 Bottom Wood Lake Rd.	Provides information about Lake Country services and events. <i>lakecountry.bc.ca</i>
<b>Lake Country Art Gallery</b> 250-766-1299 10356A Bottom Wood Lake Rd.	Offers a schedule of diverse exhibitions, and public programming initiatives for adults and youth. <i>lakecountryartgallery.ca</i>
<b>Lake Country Community Complex Creekside Theatre</b> 250-766-5669 10241 Bottom Wood Lake Rd.	Offering films, live theatre and music in George Elliot Secondary School. <i>okanaganway.ca/creekside-theatre</i>
<b>Lake Country Museum</b> 250-766-0111 11255 Okanagan Centre Rd.	Collects, preserves and presents artifacts and history of Lake Country. <i>lakecountrymuseum.com</i>
<b>Lake Country Native Association</b> 250-548-3723 14350 Oyama Rd.	Facilitates cultural, recreational, and self-development activities for off-reserve and Duck Lake Reserve Aboriginal families. Please contact Ann Bell for more information on programming. <i>fnbc.info</i>
<b>Live! In Lake Country</b> 250-766-5669	Offers free, open air, summer concerts LC parks. Starts July 1 <sup>st</sup> , every Saturday evening. <i>liveinlakecountry.ca</i>

## TRANSPORTATION

<b>Better at Home Program</b> 778-215-5247 10080 Main St.	Offered by the Lake Country Health Planning Society, the Better at Home program utilizes volunteers to help independently living seniors. <i>lakecountryhealth.ca</i>
<b>handyDART</b> 250-762-3278	Accessible door to door shared transit service for people with disabilities that prevent access to fixed route transit. <i>bctransit.com (search: Kelowna/rider info/handydart)</i>
<b>Lake Country Seniors Bus Society</b> 250-766-3227	Offers low cost social and recreational group trips on the 4th Wednesday of the month at 10am. Picks you up at your door. Please call Marg to make a reservation.



## FOOD SERVICES:

<b>All Are Family Outreach</b> 250-503-4983 11370 Bottom Wood Lake Rd.	Outreach organization, can provide food. Open Thursdays, 11am-3pm. email: <a href="mailto:aafoutreach@hotmail.com">aafoutreach@hotmail.com</a>
<b>Country Kitchen &amp; Store</b> 250-766-4255 415 Commonwealth Rd.	Frozen, homemade, premade meals for sale (between \$8.95-\$9.95 per meal) <a href="http://sweetlife.com">sweetlife.com</a>
<b>Lake Country Food Assistance Society</b> 250-766-0125 9830 Bottom Wood Lake Rd.	Assist local residents with food needs: Please call for appointment (open Tues, Wed, & Thurs.) Find them on Facebook!
<b>Lake Country IGA</b> 250-766-4574 #9-10017 Main St.	Grocery shopping service and delivery (Minimum \$10) <a href="http://marketplaceiga.com">marketplaceiga.com</a>
<b>Lake Country Seniors Buffet</b> 250-766-4220	A great meal for \$9 on Tuesdays at noon! Take-away meals are also available. Please call ahead
<b>Wooden Nickel Café</b> 250-766-5550 #7-10051 Hwy 97	Homemade, delicious, low sodium frozen meals for \$7. Will deliver to seniors with mobility challenges (small delivery fee may apply). Find them on Facebook!

## COMMUNITY SERVICE GROUPS:

<b>Kiwanis Club</b> 250-766-1515	Dedicated to improving the world one child and community at a time. <a href="http://kiwaniskelowna.org">kiwaniskelowna.org</a> & <a href="http://kiwanis.org">kiwanis.org</a>
<b>LC Chamber of Commerce</b> 250-766-5670 #106-3121 Hill Rd.	Members work together for the good of the community, build a healthy economy and improve the quality of life in Lake Country. <a href="http://lakecountrychamber.com">lakecountrychamber.com</a>
<b>Lake Country Lions Club</b> 250-766-4944	Dedicated to providing our community with valuable, caring, and fun services. <a href="http://lakecountrylions.com">lakecountrylions.com</a>
<b>Oceola Fish &amp; Game Club</b> 11888 McGowan Rd.	A non-profit organization that promotes conservation for fish and wildlife for future generations to enjoy. <a href="http://oceola.ca">oceola.ca</a>
<b>Rotary Club of Lake Country</b> 250-766-3681 415 Commonwealth Rd.	Leadership organization of local business, professional and civic leaders committed to make a difference. Meetings at Holiday Park Resort on Thurs. at 7am. <a href="http://lakecountryrotary.ca">lakecountryrotary.ca</a>

## FAITH COMMUNITIES

<p><b>Baha'i Faith</b> 250-766-5063</p>	<p>Members of the Lake Country chapter meet in private residences. <i>bahai.org</i></p>
<p><b>Jehovah's Witnesses</b> 250-766-5710 10191 Bottom Wood Lake Rd.</p>	<p>Please call for more information</p>
<p><b>Lake Country Alliance Church</b> 250-317-0259 12025 Oceola Rd.</p>	<p>For more information, please visit: <i>lakecountrychurch.com</i></p>
<p><b>Lake Country Life Center</b> 250-878-5555 3110 Berry Rd.</p>	<p>For more information, please visit: <i>lakecountrylifecenter.ca</i> or contact <i>dieccles@shaw.ca</i></p>
<p><b>Seventh Day Adventist Church</b> 250-766-4266 11370 Bottom Wood Lake Rd.</p>	<p>For more information, please visit: <i>winfieldadventist.ca</i> or contact <i>lesda@yahoo.com</i></p>
<p><b>St. Edwards Catholic Church</b> 250-766-3146 11123 Okanagan Centre Rd. E.</p>	<p>For more information, please visit: <i>stedwardsparish.ca</i></p>
<p><b>St. Francis Anglican Parish</b> 250-766-0919 10162 Newene Rd.</p>	<p>Please call for more information</p>
<p><b>Willow Park Church</b> 250-765-6622 10241 Bottom Wood Lake Rd.</p>	<p>For more information, please visit: <i>willowparkchurch.ca</i></p>
<p><b>Winfield Community Church</b> 250-766-2753 9460 Glenmore Rd.</p>	<p>For more information, please visit: <i>winfieldcommunitychurch.org</i></p>
<p><b>Winfield United Church</b> 250-766-4458 3751 Woodsdale Rd.</p>	<p>Also has a thrift shop, for more information, please visit: <i>winfieldunitedchurch.ca</i></p>

## LEGAL SERVICES

<p><b>Canadian Bar Association BC Lawyer Referral Service</b> 1-800-663-1919</p>	<p>Enables public access to lawyers in the community to have a consultation for 30 minutes at \$25. <i>cbabc.org/for-the-public/lawyer-referral-service</i></p>
<p><b>D. Oscar Barnes, Barrister &amp; Solicitor</b> 250-766-0660 10026 Hwy 97</p>	<p>Local lawyer that can help with obtaining a temporary visa, permanent residency, or citizenship. In addition, can provide legal counsel for bodily injury claims or receiving compensation for damages.</p>
<p><b>Kathryn Battrum, Notary Public</b> 778-480-0900 #43-9522 Main St.</p>	<p>A full-service Notary Public serving Lake Country. Offers 30 minute free consultations for some services. Call for appointments anytime. Closed Sundays. <i>lakecountrynotary.com</i></p>
<p><b>Lake Country RCMP</b> 250-766-2288 3231 Berry Rd.</p>	<p>This number is for <u>non-emergency</u> inquiries only. Please call 9-1-1 in case of emergency. <i>rcmp-grc.gc.ca</i>.</p>
<p><b>Legal Services Society</b> 1-866-577-2525</p>	<p>A non-government, non-profit organization that offers legal information, advice, and representation for people with low income. <i>lss.bc.ca</i></p>
<p><b>McKenzie-Brown Law</b> 778-480-6229 102-3121 Hill Rd.</p>	<p>Offers services primarily in the areas of wills and trusts, estates, and business law. <i>mckenziebrownlaw.ca</i></p>
<p><b>Nicholas Aubin, Notary Public</b> 250-766-4444 #10-11852 Hwy 97</p>	<p>Serves Kelowna, Lake Country and West Kelowna. Specializes in real estate and estate planning. <i>aubinandassociates.com</i></p>



Lake Country  
**Health Planning Society**

## SUPPORTIVE HEALTH SERVICES OUTSIDE OF LAKE COUNTRY

<b>Alzheimer's Society</b> 250-860-0305	Offers information, education, and support for people and their caregivers. <i>alzheimerbc.org</i>
<b>Arthritis Society</b> 250-868-8643	Provides education, programs and support to those living with arthritis. <i>arthritis.ca</i>
<b>Canadian Cancer Society</b> 250-762-6381	Offers information, support services, prevention and screening, referrals and ways to become involved. <i>cancer.ca</i>
<b>Canadian Mental Health Association</b> 250-861-3644	Offers information, support, and services for mental health needs of Youth and Families. Affordable frozen meals available for \$5 (pick up only). <i>kelowna.cmha.bc.ca</i>
<b>Central Okanagan Hospice</b> 250-763-5511	Provides support for people who are terminally ill. <i>hospicecoha.org</i>
<b>Canadian National Institute for the Blind</b> 250-763-1191	Offers support and resources for individuals who experience vision loss and blindness. <i>cnib.ca</i>
<b>Hands in Service</b> 250-861-5465	Provides basic house cleaning, laundry, food preparation and food hamper delivery to people under the age of 65 with disabilities or other physical limitations.
<b>Kelowna Community Resources</b> 250-763-8008	Offers family, immigration, employment, and adoption services as well as an on-line, directory of Okanagan resources. <i>kcr.ca</i>
<b>Myalgic Encephalomyelitis and Fibromyalgia Society</b> 1-888-353-6322	Offers supports and resources for individuals with Myalgic Encephalomyelitis and Fibromyalgia. <i>mefm.bc.ca</i>
<b>Multiple Sclerosis Society</b> 250-762-5850	Supports individuals and families with Multiple Sclerosis. <i>mssociety.ca/chapter/interior-regional-chapter</i>
<b>Parkinson Society B.C.</b> 1-800-668-3330	Offers education, community outreach, scientific research, advocacy, peer programs, and workshops. <i>parkinson.bc.ca</i>
<b>Reach Out Youth Counselling</b> 250-763-7892	Counselling for youth 13-25, families & couples through a school based program. <i>reachoutyouthcounselling.com</i>
<b>Seniors Advocate</b> 1-877-952-3181	Provides a single provincial phone line that allows seniors and their families to report concerns about care.


## FREQUENTLY REQUESTED GOVERNMENT OF CANADA CONTACTS

<b>Government of Canada</b> 1-800-622-6232 TTY: 1-800-926-9105	This one toll free number offers you access to all Government of Canada services. <i>canada.ca</i>	
<b>Canada Border Services</b> 1-800-461-9999 TTY: 1-866-335-3237 <i>cbsa-asfc.gc.ca</i>	<b>Canada Education Savings Grant</b> 1-888-276-3624 TTY: 1-866-260-7723 <i>canlearn.ca</i>	<b>Canada Pension Plan and Old Age Security</b> 1-800-277-9914 TTY: 1-800-255-4786 <i>servicecanada.gc.ca</i>
<b>Canada Revenue Agency</b> 1-800-267-6999 <i>cra-arc.gc.ca</i>	<b>Canada Child Tax Benefit</b> 1-800-387-1193	<b>GST/HST</b> 1-800-959-1953
<b>Tax Information (Individuals)</b> 1-800-959-8281	<b>Tax Information (Business)</b> 1-800-959-5525	<b>Payment Arrangements</b> 1-866-864-5823
<b>Universal Child Care Benefit</b> 1-800-387-1193	<b>Canada Student Loans</b> 1-888-815-4514 TTY: 1-888-815-4556 <i>canlearn.ca</i>	<b>Employment Insurance (EI)</b> 1-800-206-7218 TTY: 1-800-529-3742 <i>servicecanada.gc.ca</i>
<b>Health Canada</b> 1-866-225-0709 TTY: 1-800-267-1245 <i>hc-sc.gc.ca</i>	<b>Immigration, Refugees, and Citizenship Canada</b> 1-888-242-2100 TTY: 1-888-576-8502 <i>cic.gc.ca</i>	<b>Indigenous and Northern Affairs Canada</b> 1-800-567-9604 TTY: 1-866-553-0554 <i>aadnc-aandc.gc.ca</i>
<b>Passport Canada</b> 1-800-567-6868 TTY: 1-866-255-7655 <i>canada.ca/passport</i>	<b>Social Insurance Number</b> 1-800-206-7218 TTY: 1-800-529-3742 <i>servicecanada.gc.ca</i>	<b>Veterans Affairs Canada</b> 1-866-522-2122 TTY: 1-800-465-7735 <i>veterans.gc.ca</i>

*Disclaimer: Lake Country Health Planning has created this directory to assist individuals in identifying options for services. Please note that we do not directly endorse one resource over any other; it is up to the individual using the guide to do their research.*


*If at any time a resource listing is inaccurate, needs to be removed, or you would like to submit your resource for approval, please contact our office.*

*For more Information, please contact us at:*

 *778-215-5247*

 *lakecountryhealthplanning@gmail.com*

 *lakecountryhealth.ca*

 *Office Location:*

*10080 Main Street, Lake Country, BC*

*Monday – Thursday*

*9am – 3pm*

 *Mailing Address:*

*PO Box 41146 RPO South*

*Lake Country BC, V4V 1Z7*

